What is claimed is:

- 1. An apoptosis inducing agent which is characterized in containing glycerolipid and/or glyceroglycolipid as effective component(s).
- 2. An anticancer agent which is characterized in containing glycerolipid and/or glyceroglycolipid as effective component(s).
- 3. Agents as set forth in Claim 1 or 2 wherein said glycerolipid and/or glyceroglycolipid are/is derived from plants, microorganisms or animals.
- 4. Agents as set forth in Claim 3 wherein said glycerolipid and/or glyceroglycolipid are/is derived from tea, mushrooms, algae or gereal residues.
- 5. A method for the manufacture of the agents as set forth in Claim 3 wherein said method includes a step of extracting glycerolipid and/or glyceroglycolipid derived from plants, microorganisms or animals with an organic solvent.
- 6. A method for the manufacture of the agents as set forth in Claim 5 wherein said method includes a step of treating glycerolipid and/or glyceroglycolipid derived from plants, microorganisms or animals with an acid or an alkali.
- 7. A method for the manufacture of the agents as set forth in Claim 5 wherein said method includes a step of separating glycerolipid and/or glyceroglycolipid derived from plants, microorganisms or animals by the selected method from

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hydrophobic reversed phase, or normal phase chromatography.

- 8. A method for the manufacture of the agents as set forth in any of Claims 5 to 7 wherein said glycerolipid and/or glyceroglycolipid are/is derived from tea, mushrooms, algae or cereal residues.
- 9. Food or beverage for inducing the apoptosis where the glycerolipid and/or glyceroglycolipid are/is contained therein, added thereto and/or/diluted therein.
- 10. An anticancer food or beverage in which the glycerolipid and/or glyceroglycolipid are/is contained therein, added thereto and/or diluted therein,
- 11. Food or beverage as set forth in Claim 9 or 10 wherein said glycerolipid and/or glyceroglycolipid are/is derived from plants, microorganisms or animals.
- 12. Food or beverage as set forth in Claim 11 wherein said glycerolipid and or glyceroglycolipid are/is derived from tea, mushrooms, algae or cereal residue.
- 13. A method for the manufacture of food or beverage as set forth in Claim 11 wherein said method includes a step of extracting glycerolipid and/or glyceroglycolipid derived from plants, microorganisms or animals with an organic solvent.
- 14. A method for the manufacture of food or beverage as set forth in Claim 13 wherein said method includes a step of treating glycerolipid and/or glyceroglycolipid derived from plants, microorganisms or animals with an acid or an alkali.

- 15. A method for the manufacture of food or beverage as set forth in claim 13 wherein said method includes a step of separating glycerolipid and/or glyceroglycolipid derived from plants, microorganisms or animals by the selected method from hydrophobic, reversed phase, or normal phase chromatography.
- 16. A method for the manufacture of food or beverage as set forth in any of Claims 13 to 15 wherein said glycerolipid and/or glyceroglycolipid are/is derived from tea, mushrooms, algae or cereal residues.

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